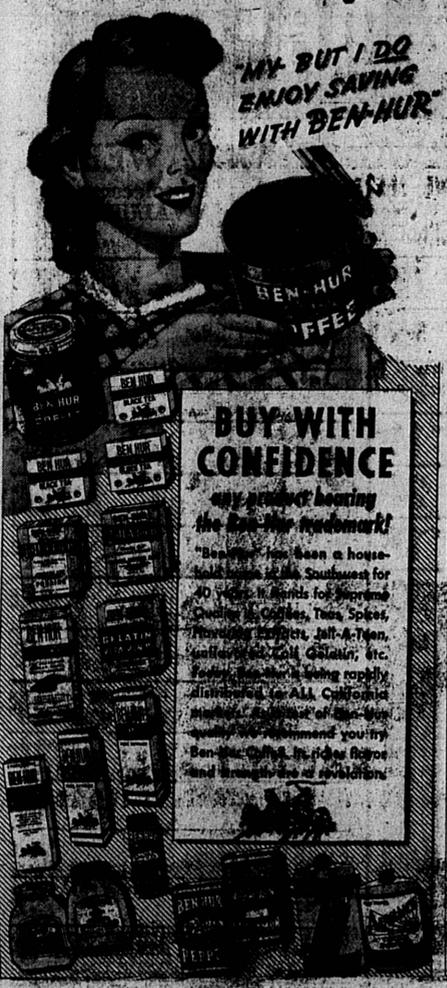


Cooking School Recipes Guarantee Fine Dishes for Families

Featured at the Cooking School As advertised in Sunset Magazine!



MY BUT I DO ENJOY SAVING WITH BEN-HUR

BUY WITH CONFIDENCE

Buy with confidence the Ben-Hur trademark! Ben-Hur has been a household name in the Southwest for 40 years. It stands for Supreme Quality Coffee, Tea, Spices, Fruit Flavors, Jell-A-Teen, Instantized Milk, Gelatin, etc. Buy Ben-Hur in the grocery store. It is the only product of its kind that is guaranteed to give you the best in its class.

Ruskets Uses Tight Packaging; Keeps Cost Down

Packing 14 ounces in the same sized package that formerly held 12 ounces makes it possible for Vitamins Ruskets, California's flaked whole wheat cereal, to keep the price per serving at the old 1941 levels despite rising food costs, according to Geo. T. Chapman, general manager of the Loma Linda Food Company. The 14 per cent saving in paper effected by the "tight pack," Chapman stated, together with resultant economies in handling, packaging and shipping, has just about offset increased production costs so that Ruskets are still being sold at the old price of 1c per ounce serving.

"The fact that the flakes in Ruskets are compressed into biscuit form is also an important factor in holding down the cost of handling and packaging, as well as a convenience in serving," Chapman pointed out. "The contents are wrapped in four inner sealpacks so that only one-fourth of the package need be opened at one time, keeping the flavor and freshness of the remainder sealed until required."

Vitamins-Fortified

In step with the government's demand for proper nutrition and vitamins in food, Ruskets, naturally rich in vitamins from whole-grain wheat including the life-giving B vitamins, are fortified to provide in each one ounce serving 100 International units of Vitamin B1 and 100 micrograms of B2, said to be the two vitamins in which deficiencies most frequently occur.

Made right here in California from California wheat, Ruskets are slow-baked for more than two hours for quick, easy digestion in a three-story oven, during which they travel one-fifth of a mile on endless belts. While they are primarily a breakfast cereal, to be served with milk or cream, fresh, frozen or canned fruits, they can also be used both as a base for creamed dishes, or when crumbled, as an ingredient in muffins, short-cakes, dressings, etc. A number of these intriguing special uses of Ruskets are being demonstrated in the Torrance Herald-Loma Linda News Cooking School.

TORRANCE HERALD AND LOMITA NEWS HAPPY KITCHEN COOKING SCHOOL RECIPES

Presented by **EULITA HOGLE** (Clip Them Out for Your Files)

CHOCOLATE CREAM CHEESE ICING

1/2 cup cottage cheese, 3 cups powdered sugar, 1/4 cup ground chocolate, 2 to 4 tablespoons hot water, 1/2 teaspoon Ben-Hur vanilla. Blend until smooth and spread on cake.

CHOCOLATE SPICE CAKE

1/2 cup Crisco, 1 1/2 cups California best sugar, 3 eggs, 3 cups cake flour, 1/2 cup Ben-Hur vanilla, 1/2 cup Ben-Hur cinnamon, 1/2 cup Ben-Hur nutmeg, 1/2 cup Ben-Hur ginger, 1/2 cup Ben-Hur cloves, 1/2 cup Ben-Hur allspice, 1/2 cup Ben-Hur mace, 1/2 cup Ben-Hur cardamom, 1/2 cup Ben-Hur anise, 1/2 cup Ben-Hur fennel, 1/2 cup Ben-Hur licorice, 1/2 cup Ben-Hur star anise, 1/2 cup Ben-Hur saffron, 1/2 cup Ben-Hur turmeric, 1/2 cup Ben-Hur safflower, 1/2 cup Ben-Hur annatto, 1/2 cup Ben-Hur paprika, 1/2 cup Ben-Hur cayenne, 1/2 cup Ben-Hur black pepper, 1/2 cup Ben-Hur white pepper, 1/2 cup Ben-Hur red pepper, 1/2 cup Ben-Hur green pepper, 1/2 cup Ben-Hur yellow pepper, 1/2 cup Ben-Hur orange pepper, 1/2 cup Ben-Hur pink pepper, 1/2 cup Ben-Hur purple pepper, 1/2 cup Ben-Hur blue pepper, 1/2 cup Ben-Hur brown pepper, 1/2 cup Ben-Hur grey pepper, 1/2 cup Ben-Hur black pepper, 1/2 cup Ben-Hur white pepper, 1/2 cup Ben-Hur red pepper, 1/2 cup Ben-Hur green pepper, 1/2 cup Ben-Hur yellow pepper, 1/2 cup Ben-Hur orange pepper, 1/2 cup Ben-Hur pink pepper, 1/2 cup Ben-Hur purple pepper, 1/2 cup Ben-Hur blue pepper, 1/2 cup Ben-Hur brown pepper, 1/2 cup Ben-Hur grey pepper.

VEAL STEAKS

Mix 2 tablespoons flour, 1/4 teaspoon each of salt and dry Ben-Hur mustard and Ben-Hur ginger, pound into three veal steaks 2 1/2 inches thick; brown in Crisco, add 3 onions, 1 cup water, cover, simmer 1 1/2 hours. Simmer drippings with 1 cup evaporated milk.

ORANGE AND LEMON JELLY

1/2 cup California best sugar, 3 cups orange juice, 1/2 cup lemon juice, 1/2 bottle Certo. Bring to a boil and add Certo. Bring to a full rolling boil and boil hard 1/2 minute. Remove from heat, skim, and pour into 6-oz. glasses.

BUTTERMILK NUT BREAD

1 egg, 1 cup brown sugar, 2 tablespoons melted Crisco, 1 cup Mayfair buttermilk, 2 cups bread flour, 1 cup chopped nuts, 1 teaspoon K. C. baking powder, 1/2 teaspoon soda, 1 teaspoon salt. Beat eggs well. Beat in brown sugar and shortening until smooth and creamy. Sift flour, measure, and sift again with baking powder, soda, and salt. Add to first mixture alternately with buttermilk. Fold in nuts and pour into a well greased bread pan. Sprinkle the wheat germ over the top of batter and bake in a 350-degree oven for one hour or 'til done. Bake the day before using.

POTATOES BAKED IN RUSKETS

Small potatoes for baking, 1 cup or more crushed Ruskets. Melt butter. Wash and peel potatoes and dip in the melted butter. Roll in crushed Ruskets and place on a baking sheet. Bake in 350 to 400-degree oven until tender. The temperature may vary as the potatoes will probably be baked along with the rest of the dinner.

THREE PENNY SALAD

1 package lemon Ben-Hur gelatin, 1 cup cabbage, finely shredded, 1/2 cup chopped parsley, 2 cups hot water, 1/2 teaspoon Ben-Hur celery salt, 2 tablespoons catsup, tomato juice or chili sauce. Dissolve gelatin in hot water; add seasoning, vinegar and catsup. Chill. Pour into individual molds. Chill until firm, unmold on crisp romaine. Garnish with mayonnaise.

CRISCO ME CRUST

For a two-crust pie: Mix 2 cups sifted flour with 1 teaspoon salt. Put 1/2 cup of this flour mix into small bowl and mix up 1/2 cup water to form paste. To the remaining 1 1/2 cups flour add 2/3 cup Crisco. Cut in Crisco with blender until the pieces are the size of small peas. Add flour paste to Crisco-flour mixture. Mix thoroughly until dough comes together and can be shaped into a ball. Divide in half—roll out both crusts about 1/8 inch thick.

SHORTCAKE ROLL-UPS

3 cups sifted flour, 2 tablespoons K. C. double-acting baking powder, 6 tablespoons butter, 6 tablespoons Crisco, 1 teaspoon salt, 5 tablespoons California best sugar, 2 eggs, beaten, 1/2 cup Mayfair milk, 1 can peaches or other fruit, Mayfair whipping cream. Sift flour, measure; sift again with baking powder, salt, sugar. Cut in shortening until mixture is consistency of coarse meal. Combine beaten eggs and milk, and stir quickly into dry ingredients. Turn onto floured board and roll. Brush well with melted butter; then roll up and slice like a jelly roll. Cut in inch crosswise slices; lay cut side up on greased baking pan; brush tops with milk or beaten egg and bake in a hot oven of 450 degrees 15 minutes. Spoon fruit over hot roll-ups and serve with sweetened whipped cream.

THRIFT COOKER MEAL SPICED POT ROAST

3 pounds Wilson's pot roast, 4 tablespoons Crisco, Salt and pepper.

1 teaspoon Ben-Hur ginger, 1/2 teaspoon Ben-Hur cloves, 1/2 teaspoon Ben-Hur nutmeg. Vegetables (carrots, turnips, onions, potatoes) any combination. Add Crisco to thrift cooker kettle and heat 5 minutes on high. Add and rub well into the meat the seasonings and spices. Brown in kettle. Add vegetables, salt again. Place pudding on top of meat and vegetables. Cover cooker. When steaming, turn to THIRD. Steam without uncovering for 2 hours.

APPLE SAUCE PUDDING

1/2 cup Crisco, 1 cup California grown best sugar, 1 egg, 1 cup unsweetened applesauce, 1/4 cup sifted flour, 1/2 teaspoon baking soda, 1/4 teaspoon Ben-Hur cinnamon, 1 teaspoon Ben-Hur allspice, 1/2 teaspoon Ben-Hur nutmeg, 1/2 teaspoon Ben-Hur cloves, 1/2 teaspoon salt. Cream shortening to the consistency of mayonnaise adding sugar while creaming. Beat egg until light colored, add; mix well. Add applesauce. Sift flour and sift again with rest of the dry ingredients; add to first mixture. Pour into Criscoed pudding pan.

LEMON PIE CRUST

And the graded ring of 1 lemon to your recipe for Crisco pie crust and line pie plate and make shell as usual.

DELICIOUS LEMON PIE

1 cup water, 1/2 cup California best sugar, 1/4 teaspoon graded lemon rind, 4 tablespoons flour, 2 tablespoons cornstarch, 1/2 cup cold water, egg yolks, beaten, 1 tablespoon butter, 4 tablespoons lemon juice. Boil 1 cup water, sugar, salt, lemon rind; add flour and cornstarch until thick. Cook slowly 5 to 10 minutes, stirring constantly. Add to beaten yolks and cook 2 minutes. Remove from heat and add butter and lemon juice separately, stir well. Cool slightly. Pour into shell. Cover with meringue made with 3 beaten egg whites and 6 tablespoons California best sugar. Add 1 teaspoon lemon juice. Brown in moderate oven—350 degrees—20 minutes.

PANTRY RAISERS' CAKE

Mix and cook gently together for 10 minutes the following ingredients:

1 tablespoon Crisco, 1 cup California grown best sugar, 1 package sweetened raisins, 2 teaspoons cinnamon, 1/2 teaspoon salt, 1 cup water, 1 cup strong Ben-Hur coffee.

While the above is cooking sift together the following dry ingredients:

3 cups flour, 2 teaspoons K. C. baking powder, 1 teaspoon baking soda, 1/2 cup Ben-Hur vanilla, 1/2 cup Ben-Hur cinnamon, 1/2 cup Ben-Hur nutmeg, 1/2 cup Ben-Hur ginger, 1/2 cup Ben-Hur cloves, 1/2 cup Ben-Hur allspice, 1/2 cup Ben-Hur mace, 1/2 cup Ben-Hur cardamom, 1/2 cup Ben-Hur anise, 1/2 cup Ben-Hur fennel, 1/2 cup Ben-Hur licorice, 1/2 cup Ben-Hur star anise, 1/2 cup Ben-Hur saffron, 1/2 cup Ben-Hur turmeric, 1/2 cup Ben-Hur safflower, 1/2 cup Ben-Hur annatto, 1/2 cup Ben-Hur paprika, 1/2 cup Ben-Hur cayenne, 1/2 cup Ben-Hur black pepper, 1/2 cup Ben-Hur white pepper, 1/2 cup Ben-Hur red pepper, 1/2 cup Ben-Hur green pepper, 1/2 cup Ben-Hur yellow pepper, 1/2 cup Ben-Hur orange pepper, 1/2 cup Ben-Hur pink pepper, 1/2 cup Ben-Hur purple pepper, 1/2 cup Ben-Hur blue pepper, 1/2 cup Ben-Hur brown pepper, 1/2 cup Ben-Hur grey pepper.

EGGLESS MAYONNAISE

1 teaspoon California best sugar, 1/2 teaspoon mustard, 1/2 teaspoon vinegar, 6 tablespoons evaporated milk, 1 cup salad oil, 2 tablespoons vinegar or lemon juice. Measure dry ingredients into a bowl, add milk and beat well. Add the oil, a teaspoon at a time and beat after each addition. Continue until 1/2 of the oil has been added; add the vinegar a little at a time and continue beating; when all the vinegar has been added, add the remaining oil slowly, beating all the time.

DELICIOUS CORN BREAD

1 egg, 1 cup Mayfair sour milk or buttermilk, 1 cup yellow cornmeal, 1 cup flour, 1 teaspoon baking powder, 4 tablespoons melted Crisco. Beat egg until light and mix with sour milk. Mix and sift all other dry ingredients and add to cornmeal. Add milk and egg mixture all at once, stirring until smooth. Add melted Crisco. Bake in a square pan at 450 degrees about 20 minutes.

BAD'S SANDWICH

Toast six slices of Weber's bread on one side. Spread untoasted side with mixture of 1/2 pound sharp cheese, grated, 1 egg, 1 teaspoon each of Worcestershire Sauce and mustard, 1/2 teaspoon salt. Cover with bacon, broil 10 minutes.

SPICED LAYER CAKE

1/2 cup Crisco, 1/2 cup California best sugar, 3 eggs, 1/2 cup Mayfair milk, 2 1/2 cups cake flour, 2 1/2 teaspoons K. C. double acting baking powder, 1/2 teaspoon Ben-Hur vanilla, 1/2 teaspoon Ben-Hur mace, 1/2 teaspoon Ben-Hur cloves. Blend the sugar and shortening thoroughly; add one egg at a time, beating after each addition. Alternate the sifted dry ingredients and the milk. Bake in two layers at 375 degrees F. about 30 minutes. Frost.

TOMATO JUICE JELLY

3 1/2 cups canned tomato juice, 1/2 cup lemon juice, 1 tablespoon grated onion, 5 cups California grown sugar, 1 package Sure-Jell. Measure juices, onion and Sure-Jell into saucepan and mix. Bring to a full rolling boil and add sugar. Bring to a full rolling boil. Boil hard 1/2 minute. Remove from heat, strain, pour, paraffin.

PINEAPPLE CREAM

1 can pineapple juice, 1/3 cup California brown sugar, 2 eggs separated, 1/2 teaspoon salt, 1 tablespoon Ben-Hur plain Jell-A-Teen soaked in 1/2 cup pineapple juice, 1/3 cup orange juice. Grated rind of 1 orange. Cook the pineapple juice (reserving 1/4 cup for Jell-A-Teen), sugar, salt and egg yolks in double-boiler for 10 minutes. Remove from fire, add the softened Jell-A-Teen and the orange juice. Let stand until it starts to set. Then fold in the beaten egg whites.

LIME CHEESE SALAD

1 package lime Jell-A-Teen, 1 1/2 cups warm water, 1 cup grated cucumber, 1 teaspoon vinegar or lemon juice, 1 teaspoon grated onion. Pinch of Ben-Hur cayenne, 1/2 teaspoon salt. Cheese, 1/4 cup finely chopped green pepper, 1 cup finely diced celery.

WILSON'S CALAWAIKII HAM

Spread a 2-inch slice of Wilson's Tender Made Ham with brown sugar to which a little dry mustard has been added. Place in shallow baking pan and cover with washed cooked dried apricots and top with a thin layer of crushed pineapple. Pour over all some of the fruit juices. Bake all at about 325 degrees for about 30 minutes.

PEANUT BUTTER BREAD

1/2 cup Crisco, 1/2 cup peanut butter, 1/2 cup California grown best sugar, 1 egg, 1 cup Mayfair milk, 2 cups sifted flour, 2 teaspoons K. C. baking powder, 1/2 teaspoon salt. Cream shortening and peanut butter together. Add sugar and continue creaming until light. Add well beaten egg, sift dry ingredients and add alternately with milk. Mix until well-blended. Bake in greased loaf pan in moderate oven—350 degrees—one hour.

greater cost mean anything to your scheme of living, well by all means, try this new Ben-Hur product—"Jell-A-Teen." It is additionally appetizing to know that it is made with the finest calf gelatin. To meet every taste and color requirement, "Jell-A-Teen" is made in nine popular flavors—strawberry, raspberry, wild cherry, loganberry, orange, lemon, pineapple, lime and mint. The name "Jell-A-Teen" also covers three extra-delicious puddings—chocolate, butterscotch and vanilla—which are surprisingly creamy in texture. Make Jell-A-Teen gelatin desserts and

Civilian Health Essential for War Victory

Throughout the country thousands of Red Cross workers, dietitians, nutritionists, and others who are working in the National Nutrition program are stressing the need for well-balanced and nutritious meals. The health of the civilian population is essential to victory in this war of production.

Serving the proper food essentials each day on a limited budget is a problem worthy of every housewife's full-time consideration. Dollars must be stretched to their fullest extent if all the foods necessary for health are to be served each day.

These foods, which are needed each day to fulfill the body's requirements for protein, calories, minerals, and vitamins are: meat, dairy products, cereals, fruits and vegetables.

Budget-saving main dishes, which are both satisfying and health-giving are in demand and among them is a tasty sausage dish. Recommended is a combination of sausage links and spaghetti. It is a fine blend of flavor if tomatoes, cheese and grated onions are also used. Here is the way this tasty food is prepared:

Sausage Spaghetti Medley

2 pounds link sausage, 1 No. 2 can tomatoes, 1/2 cup grated onion, 2 teaspoons salt, 1 No. 2 can peas, 1/4 pkg. long spaghetti, 1/2 pound sharp cheese.

Place the sausage links in a cold frying-pan. Add two tablespoons water, cover and brown slowly. When the sausage links are browned, remove from the pan. Pour off all but two tablespoons of fat. Add tomatoes and onions and simmer until the onions are tender. Put sausage links into the tomato mixture to reheat. Make a ring of peas around the edge of an ovenware platter. Arrange sausage and tomato sauce in the center. Cover peas with cooked spaghetti and sprinkle with grated cheese. Place under the broiler to broil slowly until the cheese has melted and browned slightly.

Serve with a salad of uncooked vegetables, and a custard pudding for dessert.

Blend Is Secret of Ben-Hur Coffee's Exceptional Quality

Where you find coffee lovers gathered, enjoying extra delicious Ben-Hur coffee, family dinners, parties or hotels and restaurants—you'll soon discover you are in the midst of enthusiastic discussion as to why Ben-Hur is so outstandingly rich and mellow. To most schooled coffee tasters today's Ben-Hur is a revelation—in economical strength as well as in flavor. The exceptional quality of the coffee in the Ben-Hur blend—responsible for this flavor-greatness—is apparent from the distinguished varieties used. Impartial experts will tell you the Ben-Hur coffee in your cup includes those finest of Costa Rican varieties—Tarraxo and Tres Rios; Huasteco, Mexico's choicest; Medellin and Armañitas, Colombia's greatest coffees; fancy Guatemala Antigua; Salvador's marvelous Malacra. The specialist who lingers with you over a cup of delicious Ben-Hur knows that only use of coffee such as these could make Ben-Hur so rich, mellow and economical.

May Ban Liquor Sales in Blackouts

Under a new ruling by the state board of equalization, liquor licensees must cease sales during blackouts or raid emergencies if so requested by local defense authorities.

The board's resolution pointed out that consent of licensees to their premises as a matter of the first importance in national defense during emergencies. It added that licensees must observe strictly all orders of duly constituted home defense authorities.

CAUTION PAYS DIVIDENDS

Caution is the only safeguard against an automobile accident. Motorists should not trust to luck to keep them from an accident, but upon caution, common sense and courtesy.

Break furnishes about 60 per cent of all the coffee in the world. Puddings just as you would any similar product.

FIRST AID for Food Budgets



FOOD BUDGETS are being hit heavily these days by rising food prices. If your budget is ailing, bring it to a capable first aid station; the ACElectric Cooking School.

Balancing income against outgo—with a tempting meal as the result—is an art that will be discussed fully at the cooking school. Low cost dishes will be featured—some new, other variations

of old favorites. The home economist keeps an eye on the price marks as she planned the program—and the result is a collection of budget-pleasing, delicious menus.

Appropriately the school features electric range cooking—economical in so many ways.

You will want to attend this interesting cooking school.

ALL-ELECTRIC COOKING SCHOOL

TODAY AND FRIDAY TORRANCE CIVIC AUDITORIUM
MAY 14-15 1:30 P. M. TO 3:30 P. M.

Make both ends meet

SAVE COOKING SHRINKAGE!

with **WILSON'S Tender Made Ham**

Reg. U.S. Pat. Off.

You'll find it a blessing to your budget! Wilson's Tender Made Ham costs less on your table because you pay only for what you eat. There's no costly shrinkage in cooking. Every portion is so tender you can cut it with a fork. The luscious true ham flavor is not hidden under excess saltiness. And best of all, Tender Made Ham cooks in 5 minutes in the pound.

Save by saying "WILSON'S Tender Made Ham" at your favorite food store.

EULITA HOGLE
Famous Home Economist will demonstrate new ham at the
Torrance Civic Auditorium
Tomorrow (Fri.)

Jell-A-Teen Offers Fresh Fruit Taste and Fine Puddings

In homes where food is bought with care and where quality and sensible saving are considerations, you hear one housewife ask another: "Have you tried that new Ben-Hur Jell-A-Teen?" One tells another of its tenderness and the extremely refreshing fresh-fruit taste of the Ben-Hur flavors. You will enjoy saving with Ben-Hur.

If finer things to eat at no

New WESTINGHOUSE Champion Vacuum Cleaner Complete with All Accessories!

This streamlined "bank" type cleaner and its complete assortment of accessories enable you to clean carpets, floors, draperies, radiators and the dusting, all with one convenient cleaner. Two 5-inch turbine type fans give "pusher" and "puller" cleaning action for triple efficiency.

Let us demonstrate in your home

\$46.95

BUDGET TERMS

Home and Firestone Auto Supply

MARCELINA AT CRAVENS—TORRANCE